

# COOKING SCHOOL RECIPES

Below Are Complete Menus and Recipes Given by Mrs. Jessie Ewing at the Cooking Classes Held Last Wednesday, Thursday, and Friday at the Civic Auditorium. Clip Them and Save for Future Reference.

## First Class Wednesday, June 24

- MENU**  
Casserole of Chops  
Mixed Grill  
Potato Torte  
Date Nut Bread  
White Salad  
Soft Chocolate Icing  
Raspberry Mousse  
Foundation Mix  
Casserole of Chops

Use 4 loin veal or pork chops, cut 1 inch thick; 1 cup diced carrots, 1 cup diced potatoes, 1 onion sliced thin, and 1 cup

peas. Place one-half of the vegetables in a deep casserole and add 1 cup of boiling salted water, 3 Iris whole cloves, 1 teaspoon of minced parsley, and ¼ teaspoon of Iris pepper. Dredge the chops with flour, and brown all sides in oil in a frying pan. Lay on top of the vegetables and then cover with the remaining vegetables. Cover the casserole and cook in oven for 1 hour at 350 degrees.

**Mixed Grill**  
Pre-heat broiler 5 to 10 minutes. Arrange lamb patties and Wilson & Co. pure pork sausages on broiler pan. Broil until

nicely browned and add slices of cold boiled potatoes brushed with melted butter, strips of Wilson's certified bacon and thick slices of tomato. Broil until browned, turning when necessary.

- White Salad**  
1 tbs. gelatin  
¼ cup Iris pineapple juice  
½ cup powdered sugar  
¼ cup Iris white cherry juice  
¼ cup nutmeats, chopped  
¼ cup shredded Iris pineapple  
¼ cup chopped Iris white cherries  
½ cup mayonnaise  
¼ cup Mayfair whipping

**cream, whipped stiff**  
Soak the gelatin in the pineapple juice 5 minutes, then dissolve over hot water. Add powdered sugar and cherry juice. Mix thoroughly and cool until slightly thickened, then add the balance of the ingredients. Pour into oiled molds and chill in Electrolux.

- Date Nut Bread**  
1 cup hot grape juice  
1 cup seeded and chopped dates  
½ cup broken nutmeats  
¼ cup shortening  
1 cup flour  
½ teaspoon salt  
½ cup brown sugar  
1 egg  
½ cup graham flour  
1 teaspoon baking powder  
½ teaspoon soda

Add the hot grape juice to the dates and nutmeats. Cook. Cream the shortening and brown sugar together. Add the egg and beat well. Add the above date mixture, then the flour, salt, and soda and baking powder sifted together. Stir until well mixed. Pour into oiled loaf pan and bake at 350 degrees for one hour.

- Potato Torte**  
½ cup Mayfair butter  
2 cups sugar  
4 Mayfair eggs, separated  
½ lb. grated sweet chocolate  
1 cup diced, boiled potatoes  
½ cup chopped blanched almonds  
½ teaspoon salt  
1 teaspoon Iris cinnamon  
½ teaspoon Iris cloves  
½ teaspoon Iris nutmeg  
1 teaspoon Iris allspice  
1 teaspoon baking soda

1 cup sour milk or buttermilk  
2 cups flour  
Cream butter, gradually add sugar, then egg yolks, one at a time. Add chocolate and potatoes. Sift all dry ingredients together, add almonds, and add alternately with milk to the above mixture. Beat egg whites until stiff, and fold into the batter. Bake in two 9-inch tins at 350 degrees for 30 minutes.

**Soft Chocolate Icing**  
3 squares chocolate  
1 cup granulated sugar  
1½ cups Mayfair milk  
1 teaspoon Iris vanilla  
2 tablespoons cornstarch  
2 tablespoons cold water  
2 tablespoons Mayfair butter  
½ teaspoon salt  
Melt the chocolate in the top of a double boiler. Add sugar, milk, and cornstarch moistened in cold water. Cook until thick, stirring constantly to prevent lumping. When thickened, remove from fire and beat in the vanilla, butter and salt. Cool slightly and spread.

**Raspberry Mousse**  
1 teaspoon gelatin  
1 tablespoon cold water  
1 cup Mayfair milk  
½ pt. Mayfair whip cream  
½ cup sugar  
Speck of salt  
2 teaspoons Iris vanilla  
1 cup crushed raspberries  
Soak gelatin and dissolve in warm milk. Add sugar and vanilla. Strain into refrigerator tray and chill. Add sugar to berries and combine with first mixture. Whip cream and fold into mix-

ture. Pour into tray and freeze without stirring.

**Foundation Mix**  
8 cups sifted flour (2 lbs.)  
¼ cup baking powder (1½ ozs.)  
4 teaspoons salt (¼ oz.)  
1½ cups shortening (12 ozs.)  
Sift the flour and measure. Sift again with the baking powder and salt. Cut in the shortening until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield 5 batches with 2 cups of the mixture to the batch. It may be used for biscuits, dumplings, shortcakes, waffles, muffins, quick coffee cake and dozens of other things.

## Second Class Thursday, June 25

- MENU**  
Thrift Cooker Meal  
Graham Cracker Cake  
Tuna Fish Pie  
Individual Salad Plate  
Strawberry Whip  
Cheese Rolls  
Banana Grape Marlow  
Fresh Blackberry Pie

**Thrift Cooker Meal**  
1½ lbs. round steak, 1½ inches thick  
¼ cup flour  
¾ teaspoon salt  
1½ teaspoons olive oil  
½ teaspoon Iris pepper  
2½ cups Iris tomatoes or tomato juice  
1 teaspoon A-1 sauce  
Pound flour, salt and pepper

into both sides of steak. Preheat thrift cooker and fry steak in oil. Add tomato juice and A-1 sauce. Allow to bubble steam escapes from vent. Place cooker on base, add potatoes and vegetables with ¼ cup water. Turn flame high until steam again escapes from vent, reduce flame to simmer and cook 1½ to 2 hours.

- Tuna Fish Pie**  
¼ cup chopped green pepper  
1 small onion, chopped  
3 tablespoons Mayfair butter  
6 tablespoons flour  
¼ cup cooked peas  
½ teaspoon salt  
3 cups Mayfair milk  
1 large can Iris tuna fish  
1 tablespoon lemon juice  
¼ cup cooked carrots  
2 tablespoons clipped Iris pickles

Melt butter, add onion and pepper and brown slightly. Add flour and blend well. Add milk, stirring constantly until thick and smooth. Add remaining ingredients. Pour in large baking dish and cover with cheese rolls.

**Cheese Rolls**  
3 cups foundation mix  
1 cup grated cheese  
Mayfair milk  
Add enough milk to the foundation mix to make a medium soft dough. Roll to a rectangle shape ¼ inch thick. Spread with grated cheese. Roll as for jelly roll and cut in slices. Place on top of tuna fish and bake at 450 degrees for 30 minutes, or until brown.

**Graham Cracker Cake**  
½ cup Mayfair butter  
1½ cups sugar  
3 Mayfair egg separated  
1 cup Mayfair milk  
½ teaspoon salt  
1 teaspoon Iris vanilla  
1 cup chopped nutmeats  
3 cups finely rolled graham crackers

Cream butter and sugar gradually and combine creaming. Add beaten egg yolks. Add vanilla to creaming mixture. Stir baking powder and salt into the cracker crumbs then add dry ingredients alternately with the milk to the creaming mixture. Add nuts and mix well. Fold in egg whites beaten stiff. Bake in two oiled 8-inch layer pans at 350 degrees for 30 to 35 minutes. Put layers together with grape jelly and top with whipped cream.

**Individual Salad Plate**  
Mixed fruits  
2 stalks Iris asparagus, wrapped in slices of boiled ham  
Grapefruit sections with avocado slices  
Celery hearts, stuffed with cheese  
Half deviled egg topped with sardines  
Potato chips

Arrange above ingredients in lettuce cups or individual salad plates. Fill one-half small green pepper with French dressing and place in center of plate. Garnish with ripe or stuffed olives. Serve with potato chips.

**Fresh Blackberry Pie**  
1 cup shortening  
3 cups flour  
1 teaspoon salt  
1 egg  
3 tablespoons lemon juice  
Ice water  
Cut shortening into flour, add lemon juice with slightly beaten egg. Add ice water gradually. Roll pastry to thin and line pie plate.

**Filling**  
3 to 4 cups blackberries  
1½ to 2 cups sugar  
4 tablespoons flour  
1 tablespoon butter  
Place berries in pie plate. Add sugar mixed with flour. Dot with butter. Cover with top

crust. Bake at 425 degrees for 30 to 35 minutes.  
**Banana Grape Marlow**  
20 marshmallows  
1½ cups grape juice  
¼ cup lemon juice  
½ pint Mayfair whipping cream  
1 crushed banana  
Melt the marshmallows with the grape juice in top of a double boiler. Cool, and add the crushed banana and lemon juice, mixing thoroughly. Turn into tray of Electrolux and chill until mixture begins to freeze. Whip cream and fold into the fruit mixture. Return to the freezing tray and freeze.

**Strawberry Whip**  
2 egg whites  
1 cup sugar  
1 box strawberries  
2 teaspoons lemon juice  
Wash and hull strawberries. Cut in pieces. Whip egg whites until stiff. Add sugar gradually. Add berries and lemon juice and continue beating until mixture will stand in peaks.

Recipes demonstrated at the Friday class will be published next week.

## Major Prize Winners Announced

Mrs. Charlotte Alliano, 3085 238th street, won the grand prize at the fourth annual Herald cooking school held last Wednesday, Thursday, and Friday, in the new civic auditorium under the auspices of the Herald, the Southern California Gas Company and representative Torrance merchants.

The award was an \$89.50 Magic Chef gas range donated by the Torrance Plumbing Company.

Sitting quietly on the corner of the middle aisle on the front row, Mrs. Alliano showed incredulity and stunned surprise when the number 443 was announced. Several anxious seconds passed before Mrs. Alliano realized she held the winning ticket.

Winner of the second major prize of a 38-piece set of Metlox Poppy Trail pottery was Mrs. Julia L. McManus, 1346 Engracia avenue, who threw her hand in the air with abandon when ticket number 1153 was called. The pottery was given by the National Home Appliance Company.

Prize winners the last day of the cookery convention numbered over thirty, and many women left with baskets of groceries, sheets, perfume, hose, Arrowhead bottled water coupons, and a host of other gifts and awards.

Said by many to be the successful cooking school held here, the Herald is already making plans for another take place this fall.

## Legion Medals Are Presented

American Legion awards for citizenship and scholarship, presented each year to pupils in the grades and junior high schools, were given on June 19, to Georgina Billingsley and George Henderson of the Torrance elementary school, Muriel Alverson and Arthur Woodcock, junior high. James R. Wilkes, of the Bert S. Crossland Post made the presentation.

OUR STORES WILL BE CLOSED ALL DAY SATURDAY, JULY 4th

**A&P**  
ESTABLISHED 1859  
WHERE ECONOMY RULES

**Holiday Specials**  
SHOP EARLY FOR THE WEEK END

For your convenience, all our stores will be open until 10:00 p.m. Friday night. We suggest that you do your week-end shopping early... it's a two-day holiday—so buy accordingly!

**WILSON'S "TENDER-MADE"**  
**SKINNED HAM** 37¢  
SHANK END... lb. 27¢  
BUTT END... lb. 32¢  
CENTER SLICES... lb. 65¢  
(FOR BROILING)

**WHOLE OR FULL HALF** lb. 37¢  
"THE HAM YOU CUT WITH A FORK"

Cudahy's Fancy Eastern Sugar-Cured-Smoked  
**PICNIC HAMS** 25¢  
SHANKLESS 4-5 lb. avg. (Cellophane Wrapped)

**BATH'S LUNCHEON** or CHICKEN LOAF lb. 32¢

EASTERN GRAIN-FED STEER BEEF  
**ROASTS** POT ROASTS  
Center Cut lb. 12½¢  
Shoulder Chuck, lb. 15¢

WILSON'S CERTIFIED FANCY EASTERN  
**SLICED BACON** 17½¢  
FRESH, LEAN ½ lb. Pkg.

**GROUND BEEF** lb. 12½¢

FANCY EASTERN SUGAR-CURED  
**BACON** lb. 29¢  
By the Piece

**SNOW WHITE** 3 lbs. 25¢

"BEST EVER"—FINEST QUALITY  
**WIENERS, CONEYS**  
**BOLOGNA, MINCED HAM** 15¢  
Kosher Style Salsami, Fresh lb. Liver Sausage

**MEADOW GROVE CHEESE** FULL CREAM lb. 17¢

Hash Libby's Corned Beef No. 2 can 12½¢

**SUGAR** 47¢  
10-lb. cloth bag 48¢  
10-lb. Paper Case 18 lbs. 47¢ bag

**Fresh EGGS** 27¢  
U. S. EXTRAS  
BROOKFIELD, OZ. 28c

**Tongue** Libby's Vienna 6-oz. can 17¢

**Coca-Cola** Handy Carton of 12 bottles 50¢ (Plus Deposit)

**Sausage** Libby's Vienna 4-oz. can 7½¢

**EVAP. MILK** 3 cans 17¢  
CHALLENGE OR GOLDEN STATE

**BUTTER** FIRST QUALITY Danish lb. 37¢ lb. 36¢  
Kipped Snacks King George 3 No. 1/4 cans 10¢

**TOPS IN QUALITY YUKON CLUB** GINGER ALE, LIME RICKET, SPARKLING WATER large bottle 7½¢ (Plus Deposit)

**Asparagus** DEL MONTE picnic can 12¢

**Fruits for Salad** DEL MONTE No. 1 can 12½¢

**Catsup** DEL MONTE 14-oz. bottle 10½¢

**Peas** DEL MONTE EARLY GARDEN No. 2 can 12¢

**Pineapple** VITAPINE SLICED No. 1/4 can 7½¢

**Cocomalt** "FOOD BEVERAGE" 1-lb. can 32¢

**Grape Juice** CHURCH'S PURE quart bottle 23¢

**Dixie Jellies** ASSORTED FLAVORS 7-oz. glass 7½¢

**Corn** PRIDE OF ILLINOIS COUNTRY GENTLEMAN No. 2 can 10¢

**Pork & Beans** Van Camp's 1-lb. can 5¢

**Mustard** BEN-HUR SALAD 6-oz. jar 7¢

**Wax Paper** CUT-RITE 40-foot roll 5¢

**P'Nut Butter** SULTANA 2-lb. jar 20¢

**Dressing** RAJAH SALAD pint jar 15¢

**Stuffed Olives** ENCORE 6 1/2-oz. jar 19¢

**Cut Beans** STRINGLESS No. 2 can 7½¢

**Tomatoes** CALIFORNIA No. 2 can 6½¢

**Pink Salmon** COLD STREAM No. 1 can 10¢

**Sardines** KING OSCAR 2 No. 1/4 cans 25¢

**Tuna Fish** SAN LUCAS Light Meat No. 1/2 can 10¢

**MILD & MELLOW EIGHT O'CLOCK COFFEE** 1-lb. bag 12½¢  
"THE WORLD'S LARGEST SELLING BRAND OF COFFEE" 3-lb. bag, 37¢

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WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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1319 SARTORI AVENUE, TORRANCE

**Quality Super Market**  
1325 Sartori Ave.  
DOWNTOWN These Prices for Thur., Fri. Only

<b>LOCAL GROWN TOMATOES</b> 3 Lbs. 10¢	<b>SPANISH ONIONS</b> 5 Lbs. 10¢	<b>New Crop Gravenstein APPLES</b> 5 Lbs. 25¢
<b>LARGE SIZE UTAH CELERY</b> 2 for 15¢	<b>FRESH LIMA BEANS</b> Lb. 5¢	<b>SWEET NECTARINES</b> 2 Lbs. 15¢
<b>A-1 GRADE NEW SPUDS</b> 7 Lbs. 25¢	<b>KLONDYKE WATERMELONS</b> 1 1/2 lb.	

**QUALITY MEATS**

<b>Why Make Your Own? SALADS</b> Fruit, Potato, Macaroni 15¢	<b>From Steer Beef PLATE BOIL</b> 6¢ Fresh Dressed Frying Chickens 25¢	<b>For Warm Weather Assorted COLD MEATS</b> 35¢ Fresh, Ground HAMBURGER 10¢ Eastern Sliced Bacon 32¢
<b>Lean, Meaty SPARE RIBS</b> 18¢ No. 1 Grade Bulk Peanut Butter 15¢	<b>Lean, Young Pork Shoulders</b> Whole... lb. 17½¢ Center Cuts... lb. 22¢	

**GROCERIES**

<b>BUTTER</b> Oloverbloom, lb. 35½¢ Cresta, lb. 33½¢ Challenge, lb. 36¢ Danish, lb. 37¢	<b>FOR WARM WEATHER</b> Burnett's Liquid Ice Cream Mix 2 for 15¢ Juno Milk 3 for 17¢ Folger's Coffee, lb. 26¢ 2 lbs. 51¢ Underwood Deviled Ham, 17¢ and 11¢ Sunmaid Raisins Puffed 2 for 15¢ Post Toasties 7¢ Peet's Granulated Soap, large 24¢	<b>TEA</b> SHASTA Black 47¢ Black 25¢ Green 13¢ ½ lb. 21¢ ¼ lb. 11¢
<b>FOR WARM WEATHER</b> French's Mustard, 6 oz. Hot Dog Spoon FREE 8¢ Prudence Corn Beef Hash, 10 1/4-oz. 20-oz. 21¢ Crystal White Soap 5 for 14¢ Leslie Salt, 2-lb. pkg. 7¢ Certo bottle 19¢	<b>FOR WARM WEATHER</b> Welch's GRAPE JUICE Pt. 17¢ Gt. 33¢	<b>FOR WARM WEATHER</b> Cliequot Club Gingerale 16-oz. size 2 for 23¢ Ctn. of 12, \$1.33 Falmolive Soap 5¢ Holly Cleanser 3 for 10¢ Lynden Chicken & Noodles, 16-oz. jar 21¢ Tiny Tot Sardines 11¢

When you take **IRIS** into the family, it means much to their appetite, their health, and to your skill as a home-maker.

Yet it means so little to the budget it's worth talking about!